

TABATA

3 GIRI, 20" ON-10" OFF

1	4 POINTS SQUAT
2	PUSH-UPS KNEELING

1	HOLLOW HOLD
2	SUPERMAN HOLD

1	SIDE PLANK ELBOW TO KNEE - L
2	SIDE PLANK ELBOW TO KNEE - R

WARM-UP x 2

20 GLUTES BRIDGE + SPINTE
20 PLATE O.T.H. LUNGES
20 WIPERS
20 PUSHPRESS

WOD METCON

FOR TIME

5x	10 RUSSIAN SITUP
	10 HR PUSHUPS

4x	10 SIDE TO SIDE KNEES
	10 THRUSTERS

3x	10 X-PLANK
	10 WALL WALK